

We exist to give voice and community to people whose spiritualities are often left out of mainstream religious conversation. Most of our group is trans, and many of us find a connection to spirit in the act of transition. This is my personal approach and many others also exist.

We do not require a belief in any specific God or way of defining spirit, but rather see ourselves as people in spiritual conversation with each other around spiritual ideas. Our belief is in only bodily autonomy and beyond that, we are non-dogmatic.

The Church of the Sacred Body is a non-hierarchical religious organization based around the spiritual exploration of bodily autonomy. In this sense, I'll talk a little bit about why we exist, how we run our meetings, and how to start your own.

Our meeting is in five parts.

1. Introduction of the church and ourselves.
2. A short reading on the topic of bodily autonomy.
3. 5-10 minutes of silent meditation.
4. Discussion, limiting interruptions.
5. Closing business, including choosing the facilitator and who brings the next reading for the next meeting.

What is the Church of the Sacred Body?
a quick explanation
By
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Find me
<https://www.sacredbodychurch.org>
online at

This is a publication of the Church of the Sacred Body!
I do not speak for all of us!

To start a meeting you need friends and a space. You can borrow our format, change it, or do something else entirely. I was heavily influenced by my experience with recovery meetings when I built it out. Your vibe might be totally different. We also have a subgroup that sometimes takes over hormones and meditates together.

Our meeting is planned and coordinated in a group chat and we intend to build a directory of meetings. We encourage people to adapt this format to their own groups, needs and run with it, as I frequently say in matters of the church "I'm not the boss of you."